



SMITA MALHOTRA M.D.

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Dr. Smita Malhotra is the Medical Director of Los Angeles Unified School District, mother, pediatrician, author and speaker. After completion of her pediatric residency and chief residency in New York City, she moved to Los Angeles. She believes in healing the whole child and family by combining traditional medicine with alternative therapies such as mindfulness, meditation, acupuncture and yoga. She is an advocate for providing children, families and staff with the tools to cope through the peaks and valleys of their lives and empowering them to take charge of their own health and nutrition.

Prior to joining Los Angeles Unified, Dr. Malhotra has had a decade of experience including being the director of a newborn nursery and being the co-founder of a program to build resilience in children experiencing trauma for Los Angeles County.

Dr. Malhotra has published 'The Newborn Handbook' which was released in August 2020. She has also contributed to The Washington Post, The Huffington Post, Los Angeles Times and other publications.